

Topic : Awareness on point between breaths

Hi all I once heard Thanissaro Bhikkhu say that one may find that awareness of the in and out breaths gives away to awareness of the point between them. And I realized when I heard that that my awareness of that point is quite strong and clear. Now that I've been working with that, it's kind of taking over and the breath is almost becoming secondary! I don't think this is "proper" meditation, but if it has the mind settling down on it, maybe it is.....it is a kind of tight bud of energy, sometimes radiant, sometimes it expands and fills the whole mind. And it's very easy accessible, even during the day, so I'm not talking about any kind of deep attainment. I'm surprised that I've never read about this before. Scanned through the topics but didn't see anything. Can anyone give me feedback about whether this could fall in with a proper meditation object? The fact that I've never read about it suggests it is just psycho-wankery on my part...

[Thanks!metta,phil](#)

[My contribution](#) as below :

hi phil, You're right awareness can get by practicing routinely, by day, by month, by the years. The more you practice meditation, the more be awareness. Different people are different awareness. Many kind of meditation you can follow as you like, suitable by you. The point is concentrate in our mind. You can feel your breath up and down from faster until calm. you can chose by your self. Feel your body and around you, warm , cool, hot, you can feel. don't ever stop meditate even 1 day, it would be your habit. You would be love and enjoying by meditation everyday, every time, everywhere. Thanks for sharing with philby: Semangat Email : free.man4u65@gmail.com My Blog : <http://ourlovelyearth88.blogspot.com/>